



## AS THE COMPANY DEPLOYS



### STAGES OF SEPARATION

There is no denying that the military lifestyle, especially unexpected deployments, can disrupt the family unit. As soldiers prepare to deploy and leave, military families may experience:

- Denial or shock- disbelief and numbness.
- Anger- frustration with separation demands; feeling guilty about spouse's departure; and resentment of military, spouse, and job.
- Guilt- for not saying or doing more before deployment or children feel they caused the departure.
- Depression- intense sadness, fatigue, loss of appetite, and withdrawal from routine.
- Acceptance- realize and accept the situation, resolve to continue on positively, confidence in handling day-to-day living, awareness of increase in self-esteem, and personal abilities.

NOTE: Knowing that these feelings are normal can help families cope. These stages occur in a universal order; however, setbacks to previous stages can be triggered by a number of causes. Individual situations and types of deployment can influence the intensity and duration of each stage.